# Patient and Consumer Education Materials

nebraska program

The Nebraska Heart Disease and Stroke Prevention Program has a line of patient education materials covering topics related

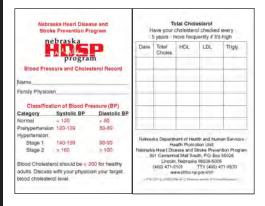
to cardiovascular disease and risk factor management. Our materials are designed to help healthcare professionals reach patients, caregivers and groups at-risk for cardiovascular disease. The materials are designed to promote disease prevention, management and control, and raise awareness about the signs and symptoms of heart attack and stroke. These materials are available at no charge and can be ordered by calling 402-471-2101, faxing the order form on the reverse side to 402-471-6446, or mailing it to the address on the reverse side.

### Patient Education Brochures

The patient education brochure line includes 6 brochures covering risk factors for heart disease and stroke conditions, prevention and awareness. The brochures are available in English and Spanish and are written using plain language at a 5th-8th grade reading level. These brochures are available **FREE of charge** in any quantity. They are shrink wrap bundled in packs of 50. Topics include:

- Aspirin Therapy
- Blood Pressure
- Cholesterol
- Stroke
- Heart Attack
- Women & Heart Disease





## Blood Pressure and Cholesterol Record Cards

The blood pressure and cholesterol record cards have the current JNCVII and ATPIII guidelines and recommendations for frequency of screening. They are available in English and Spanish in bundles of 100 and are **FREE of charge** in any quantity.

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## Heart Attack and Stroke Awareness

The Nebraska Heart Disease and Stroke Prevention Program encourages you to promote prevention and raise awareness of heart attack, stroke and related risk factors in your communities, worksites, faith-based organizations, hospitals and clincs. We have a variety of prevention and awareness materials to aid your efforts, including:

- FAST Stroke bookmarks
- DASH Eating Plan
- FAST Stroke magnets
- Salt & Sodium Facts
- Guide to a Healthy Heart
- Guide to Lowering Blood Pressure

## To Order Materials:

- Photocopy this form and keep original for future orders
- Fill out required information
- Fax to: 402-471-6446 OR

Mail to: Nebraska Heart Disease and Stroke Prevention Program

301 Centennial Mall South

P.O. Box 95026

Lincoln, NE 68509-5026

\* We appologize for any inconvienence, however, we can only distribute materials to those who reside in Nebraska.

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Mailing Address:	01-1	7:
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Telephone:		
Email.		
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pack(s) Blood Pressure/ Record Cards	Cholesterol	
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FAST Stroke Mag		
Guide to Lowering DASH Eating Plan	g Blood Pressure (20 page b	ooklet)
Explaining Stroke		
Salt & Sodium Bo		
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What will you be using the materia	`	•
A. Health Fair B. He	ealth Screenings	C. Outpatient/Clinical Patient Education
D. Inpatient/Hospital patient Educa	ation E. Other (please	e describe)
Will the materials serve minority po	opulations and/or Medicaid	recipients? YES NO

Thank you for your order! Please allow 10-14 business days for delivery. Questions or Comments? Please email: DHHS.CVHProgram@nebraska.gov